

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

# Milila

★ September BONUS Cl

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
7-8am Stretch and Relax  Chelsea MPR				
11-12noon Kickboxing 9/13 & 9/27 ONLY Katie MPR		10:30-11:30am Basic Step  Jennifer MPR	10:30-11:30am Basic Weights  Jennifer MPR	10:30-11:30am Cardio Salsa  Ashleigh MPR
		4:15-5:15pm Pilates Fusion 9/8, 9/15, 9/29 ONLY Zeny MPR		6-7pm Zumba No Class 9/17 Ida MPR
				7-8pm Yoga Chelsea MPR

**Class Descriptions (Please check regular schedule for descriptions if not listed here):**

Stretch and Relax: Beginner yoga moves incorporated with stretching and breathing techniques to relax the mind and

Pilates Fusion: Pilates moves mixed with yoga poses to strengthen abs, core and full body.

Basic Weights: Weight training for all levels, focusing on all major muscle groups, form and breathing.

Cardio Salsa: Latin dance moves to get the heart pumping!

Basic Weights: Weight training for all levels, focusing on all major muscle groups, form and breathing.

Basic Step: Introduction to step with basic choreography.

*<<<Please note that childwatch will be open regular hours. >>>*

*Classes/Instructors are subject to change. Please check bulletin boards for daily updates.*

*Please double check the schedule as some classes are only offered on certain days*

*You must be 13 and older to participate in group exercise classes.*

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[www.ymcahonolulu.org](http://www.ymcahonolulu.org)



# Mililani

## September BONUS Classes ★

### SATURDAY

7:15-8am  
Step

**No class on 9/18**

Val MPR

### SUNDAY

8-9am

Zumba

Shinobu MPR

← Yoga on 9/17 will  
be outside. "Yoga  
Under the Stars"

nd body.



**NOTICE: For your safety, please DO NOT ENTER classes after 10 minutes. If a class has less than 8 participants on a regular basis, the class can be either cancelled or changed without notice.**

Hours of Operation

M-F 5:30am-9pm

Sat. 7am-6pm

Sun. 8am-6pm

